


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1 style="font-size: 48px; margin: 0;">May 2026</h1> <h2 style="font-size: 24px; margin: 0;">Independent + Assisted Living Life Engagement Calendar</h2>						9:45-Exercise – CR 10:30-Good Morning Nashville- 2nd Floor Balcony 1:00-Courtyard Putting with Ken -IL Courtyard 2:00-BINGO - M 3:30- Derby Mint Juleps with Ken! - IL Courtyard 6:30- Movie & Popcorn-MCR <small>May Day</small>	9:00-Morning Movement-2 nd FI 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 1:30- Kentucky Derby Watch Party! - M 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR
10:00-Morning Movement with Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30- Live Music with Olivia Watson-P 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M	9:00-Morning Meditation-IL Courtyard 9:45-Exercise-CR 10:30-Good Morning Nashville- 2nd Floor Balcony 1:00-Stage Outing Committee - MCR 2:00-BINGO-M 3:00 Broccoli Art with Mandy + Elizabeth - M 3:15-Tech Help with Ken – MCR 4:00-You Be The Judge-MCR	9:45-Exercise-CR 10:30-Good Morning Nashville - 2nd Floor Balcony 1:00-Balance & Coordination - CR 2:00- Team Trivia - M 2:00- Mahjong Game- M 3:00- Travel Club: Athens, Greece-MCR 4:00- Cinco De Mayo Fiesta with Frozen Margaritas and Pinatas! - IL Courtyard <small>Cinco de Mayo</small>	9:00-Morning Meditation-IL Courtyard 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd FI Balcony 1:00-Hope Chorus Practice – P 2:00-Mahjong Game-GR 2:30-Music Therapy – MCR 3:15-Israeli Dance- CR 4:00- Happy Hour – 2 nd FI Terrace	9:30-Flower Arranging Committee-M 9:45-Exercise-CR 10:30- Good Morning Nashville – 2nd Floor Balcony 10:30-Bible Study with Sue Moore-MCR 1:00-Tai Chi w/ Dr. Cindy – 2 nd FI 2:00-Mahjong Game-M 2:00- Outdoor Cornhole -IL Courtyard 4:00- Wine + Cheese – P	9:00-Morning Meditation-IL Courtyard 9:45-Exercise-CR 10:30-Good Morning Nashville - 2 nd FI Balcony 10:30-Communion w/ Episcopal Church – Mall Card Room 2:00-BINGO – M 3:15- Mother's Day Mocktails with Ken - 2 nd FI Terrace 6:00-Shabbat Service – Club Room	9:00-Morning Movement – 2 nd FI 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 1:00-Pet Therapy-P 2:00- Creative Writing Group with Sandra - 2 nd FI Dining Room 3:00-Mother's Day Flower Arranging-M 6:00-Movie & Popcorn- MCR	
10:00-Morning Movement with Katie-CR 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00- Mother's Day Brunch! 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30- Piano Music with Cole Landry-P 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M <small>Mother's Day National Skilled Nursing Care Week</small>	9:00-Morning Meditation-IL Courtyard 9:45-Exercise-CR 10:30-Good Morning Nashville- 2nd Floor Balcony 1:00-Meditation & Reflection w/ Heidi-MCR 1:30- Author + Arts Series - CR 2:00-BINGO-M 3:00-Activity Interest Committee-MCR 4:00- Monday Concert Series with Piano Music by Brett Bryant - P	9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Balance and Coordination-CR 2:00- Mahjong Game- M 2:00- Exploring American Roots: Music + the Blues with Ken - MCR 3:15-Travel Club: Mykonos, Greece-MCR 4:00- Tiki Bar Tuesday! - IL Courtyard	9:00-Morning Meditation- IL Courtyard 9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Hope Chorus Practice – P 2:00-Mahjong Game-GR 2:30-Music Therapy-MCR 3:15-Israeli Dance - CR 4:00-Happy Hour – 2 nd FI Terrace	9:30-Flower Arranging Committee-M 9:45-Exercise-CR 10:30- Good Morning Nashville – 2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy – 2 nd FI 2:00-Mahjong Game – M 2:30- Speaker Series: Tennessee History – 2 nd FI Balcony 4:00- Wine + Cheese - P	9:00-Morning Meditation-IL Courtyard 9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-BINGO - M 2:00-3:30- Abe's Garden Spring Carnival – IL Courtyard 6:30- Movie & Popcorn-MCR	9:30-Chair Yoga with Courtney-CR 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 1:00- Music with Dennis Rader! - P 2:00- NEW! Garden + Plant Class with Joyce-M 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR <small>Armed Forces Day</small>	
10:00-Morning Movement with Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30- Music with David and Karlie-P 6:00-Sunday Night Baseball-M	9:00-Morning Meditation with Nancy Mum-IL Courtyard 9:45-Exercise – CR 10:30- Nashville Opera on Wheels - Front Entrance 1:30- Author + Arts Series -CR 2:00-BINGO-M 3:00-Culinary Committee-MCR 5:00-Birthday Dinner-2 nd FI Terrace <small>Victoria Day (Canada)</small>	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Balance & Coordination-CR 2:00- Team Trivia –M 2:00- Mahjong Game- M 3:00-Travel Club: Thessaloniki, Greece-MCR 4:00- Tiki Bar Tuesday! – IL Courtyard	9:00-Morning Meditation - IL Courtyard 9:45-Exercise - CR 10:30-Good Morning Nashville -2 nd FI Balcony 1:00-Hope Chorus Practice – P 2:00-Mahjong Game-GR 2:30-Blind Taste Test-M 3:15-Israeli Dance – CR 4:00-Happy Hour – 2 nd FI Terrace	9:30-Flower Arranging Committee-M 9:45-Exercise – CR 10:30-Good Morning Nashville-2 nd Floor Balcony 1:00-Tai Chi with Dr. Cindy – 2 nd Floor 2:00-Mahjong Game – M 2:30- Outdoor Golf Putt - IL Courtyard 4:00-Wine + Cheese with Piano Music by Molly Hacker - P <small>Shavuot Begins</small>	9:00-Morning Meditation-IL Courtyard 9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 10:30-Communion with Episcopal Church-Mall Card Room 1:00-Trader Joe's Tasting-M 2:00-BINGO - M 3:00-Outdoor Cornhole-IL Courtyard 6:30- Movie & Popcorn-MCR	9:00-Morning Movement-2 nd FI 10:00- Share Your Stories – 2nd Floor Balcony 1:30- Margarita Mixer! - M 2:00- Creative Writing Group with Sandra -2 nd FI Dining Room 3:00-Drop in Rummikub – M 3:00-Sweet Treat Social-M 6:00-Movie & Popcorn- MCR	
10:00-Morning Movement with Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00- Sunday Brunch with Mimosas and Bloody Mary's 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30- Harp Music w/ Alice Cramer - P 6:30 Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M	10:30-Good Morning Nashville - 2 nd FI Balcony 11:00-1:00- Memorial Day Cookout - IL Courtyard 1:30- Writing Group with Amy Lyles -2 nd FI Dining Room 2:00-BINGO-M 3:00- Memorial Day Reading and Discussion Group -MCR <small>Memorial Day</small>	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Balance & Coordination – CR 2:00-Price is Right Game - MCR 2:00- Mahjong Game- M 3:00-Travel Club: Patras, Greece-MCR 4:00- Before Dinner Bubbly – IL Courtyard	9:00-Morning Meditation-IL Courtyard 9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Hope Chorus Practice – P 2:00-Mahjong Game-GR 2:30-Abe's Garden Theater Club – 3 rd FI CG Room 3:15-Israeli Dance – CR 3:30 Sip + Paint with Katrina - M 4:00-Happy Hour – 2 nd FI Terrace	9:30-Flower Arranging Committee-M 9:45-Exercise – CR 10:30- Good Morning Nashville – 2 nd FI Balcony 1:30- Ice Cream Outing! 2:00-Mahjong Game-M 2:30- Speaker Series: Tennessee History – 2 nd FI Balcony 3:15-Town Hall – CR 4:00- Wine + Cheese - P	9:00-Morning Meditation – IL Courtyard 9:45-Exercise – CR 10:30-Good Morning Nashville- 2nd Floor Balcony 1:00- Composer Spotlight with Gracie - MCR 2:00-BINGO – M 3:30- Cocktails + Mocktails w/ Ken-M 6:30- Movie & Popcorn-MCR	9:30-Chair Yoga w/ Courtney-CR 10:00- Share Your Stories – 2nd Floor Balcony 1:30- Margarita Mixer! - M 2:00- Garden + Plant Class with Joyce-M 3:00-Drop in Rummikub – M 3:00- Explore America: Statue of Liberty - MCR 6:00-Movie & Popcorn- MCR	
10:00-Morning Movement with Volunteer Katie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30- Live Music with Clare-P 6:00 Sunday Evening Movie-MCR 6:00 Sunday Night Baseball - M	Location Key: M-Mall Area MCR-Mall Card Room CR-Community Room P-Parlor GR-Game Room						

All activities are subject to change. Please see the daily sheets for the most up to date itinerary.